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FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

ZEN/ADDRESS LISTS @ AL ALARACT(UC)

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SUBJ: ALARACT 015/2006

THIS MESSAGE IS BEING SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER  
ON BEHALF OF DA WASHINGTON DC//DAMO-AOC//

SUBJ: INFLUENZA PREVENTION GUIDANCE

REF/A/DOC/AR 40-5//22 JUL 05/

AMPN/PREVENTIVE MEDICINE

REF/B/DOC/DASG-PPM-NC/02 APR 03/

AMPN/DASG-PPM-NC MEMO, SUBJ: PREVENTION AND CONTROL OF ILLNESSES  
RELATED TO MOBILIZATION/

REF/C//DOC/DASG-PPM-NC/18 JUL 01/

AMPN/DASG-PPM-NC MEMO, SUBJ: ARMY ACUTE RESPIRATORY DISEASE  
SURVEILLANCE PROGRAM/

1. MAINTAINING OVERALL HEALTH IS A COMMANDER'S RESPONSIBILITY. COMMANDERS MUST ENSURE THAT SOLDIERS FOLLOW THESE BASIC BUT HIGHLY EFFECTIVE PREVENTIVE MEASURES TO PROTECT THEMSELVES FROM ALL TYPES OF INFLUENZA, INCLUDING AVIAN INFLUENZA (BIRD FLU).
2. IF YOU HAVE FEVER, CHILLS AND PERSISTENT COUGH, SEEK MEDICAL CARE AS SOON AS POSSIBLE.
3. WATCH YOUR FELLOW SOLDIERS; INSIST THAT SOLDIERS WHO ARE SICK GET MEDICAL ASSISTANCE. STAY AWAY FROM OTHERS WHO ARE SICK, BUT MAKE SURE THEY GET CARE.
4. WASH YOUR HANDS OFTEN, ESPECIALLY AFTER SNEEZING OR BLOWING YOUR NOSE, AFTER USING THE LATRINE, AND BEFORE TOUCHING FOOD. IF RUNNING WATER IS NOT AVAILABLE, USE BABY WIPES OR ALCOHOL-BASED HAND CLEANER.
5. COVER YOUR MOUTH WITH YOUR SLEEVE WHEN SNEEZING OR COUGHING; KEEP YOUR HANDS AWAY FROM EYES, NOSE, AND MOUTH.
6. IF YOU HAVE SLEEPING COTS SET UP IN A TENT OR BUILDING, SLEEP IN A FOOT TO HEAD PATTERN AND HAVE MAXIMUM POSSIBLE DISTANCE BETWEEN COTS. THE RECOMMENDED MINIMUM SLEEPING SPACE ALLOWANCE IS 72 SQUARE FEET PER PERSON.
7. IF YOU DO NOT SMOKE NOW, DO NOT START. IF YOU SMOKE, TRY TO QUIT. IF YOU CAN NOT QUIT, LIMIT THE NUMBER OF CIGARETTES YOU SMOKE.
8. PRACTICE GOOD HEALTH HABITS; EAT A BALANCED DIET, GET PLENTY OF REST, GET REGULAR EXERCISE, AND MANAGE YOUR STRESS.
9. DRINK LIQUIDS TO STAY HYDRATED, UP TO 1.5 QUARTS PER HOUR OR 12 QUARTS PER DAY, DEPENDING ON ENVIRONMENTAL CONDITIONS.
10. DON'T SHARE PERSONAL ITEMS WITH ANYONE, LIKE LIP BALM, TOOTHBRUSHES, RAZORS, SODAS, ETC.
11. GET THE FLU SHOT EVERY YEAR.
12. FLU PREVENTION GUIDANCE IS FOUND AT  
[HTTP://WWW.CHPPM-WWW.APGEA.ARMY.MIL](http://www.chppm-www.apgea.army.mil).
13. AVIAN INFLUENZA VIRUSES INFECT BIRDS AND OCCASIONALLY HUMANS WHO COME INTO CONTACT WITH INFECTED BIRDS.
14. MOST HUMANS THAT HAVE BECOME INFECTED WITH AVIAN INFLUENZA HAD DIRECT OR CLOSE CONTACT WITH INFECTED BIRDS. AVOID CONTACT WITH LIVE AND DEAD BIRDS.
15. AVIAN INFLUENZA POSES MINIMAL RISK TO US FORCES. NO TRAVEL RESTRICTIONS ARE CURRENTLY WARRANTED.
16. HQDA POC FOR THIS MESSAGE IS MR. PAUL REPACI 703-681-2949 OR DSN

7612949, OR EMAIL: PAUL.REPACI@OTSG.AMEDD.ARMY.MIL  
17. EXPIRATION DATE CANNOT BE DETERMINED